

## Tips to Help Men “Score 9”

Football is one of men’s favorite fall activities. So whether you’re tailgating at the stadium, in front of the TV, or picnicking after a neighborhood game, here are some tips to **boost your fruit and vegetable score** – and to help you reach the 9 A Day recommendation. Included below you will find a variety of tips on how to tweak your usual football fares by adding some tasty fruits and vegetables. And the best part is, many of these tips come from men just like you.

Usual Football Fare is...	To “Score More” Try These Tips to Include Extra Fruits and Vegetables...
Chips and dip	<ul style="list-style-type: none"><li>• Serve raw veggies with low-fat dip. Opt for a colorful bean dip such as First-Down Layered Dip (<b>recipe attached</b>).</li><li>• Try baked tortilla chips with black bean and corn salsa.</li></ul>
Pasta salad	<ul style="list-style-type: none"><li>• Have a mixed salad with low-fat dressing. Try a Southwest Mixed Salad (<b>recipe attached</b>).</li><li>• Make a package of coleslaw-in-a-bag with low-fat dressing.</li><li>• Have low-fat baked beans or deli-made three-bean salad.</li></ul>
Pizza	<ul style="list-style-type: none"><li>• Order your pizza with extra vegetables like broccoli, peppers, onions, mushrooms, or tomatoes.</li></ul>
Beef Chili	<ul style="list-style-type: none"><li>• Add extra beans, tomatoes, onions, corn, and bell peppers to your chili recipe.</li><li>• Try something new like a Slow-Cooked Stew with low-fat turkey sausage (<b>recipe attached</b>).</li></ul>
Stadium popcorn	<ul style="list-style-type: none"><li>• Try a dried-fruit trail mix.</li></ul>

**Here’s an interesting fact:** The majority of people who eat five or more servings of fruits and vegetables a day do so primarily by eating larger portions of fruits and vegetables at meals. It’s easy to add an extra piece of fruit at breakfast, or an extra scoop of vegetables at lunch or dinner. For more fruit and vegetable ideas and recipes, visit [www.9aday.cancer.gov](http://www.9aday.cancer.gov) and [www.5aday.gov](http://www.5aday.gov).

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